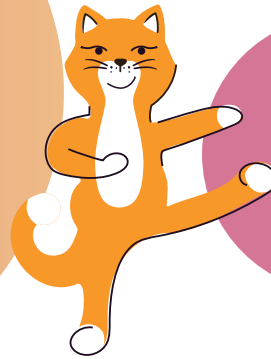


Chapter 3

Strike the Ball



Introduction



339CH03

In cricket or hockey, we strike the ball with a bat or stick.

In hockey, when someone strikes the ball, the other player must receive it. Receiving the ball correctly helps us gain control of the ball.

Let us learn how to strike and receive the ball to score!





Striking the ball with a bat

1

Hold the bat and stand sideways as shown in the picture with knees slightly bent.



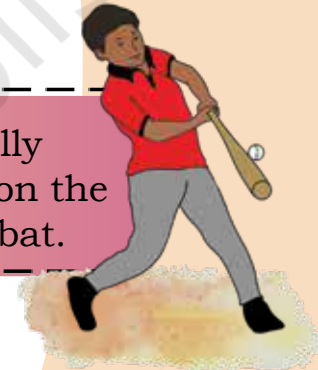
2

Step forward and swing the bat. Rotate shoulders and hips.



3

With your hands fully extended and eyes on the ball, hit it with the bat.



4

After hitting, take the bat in follow-through along your body as shown in the picture.



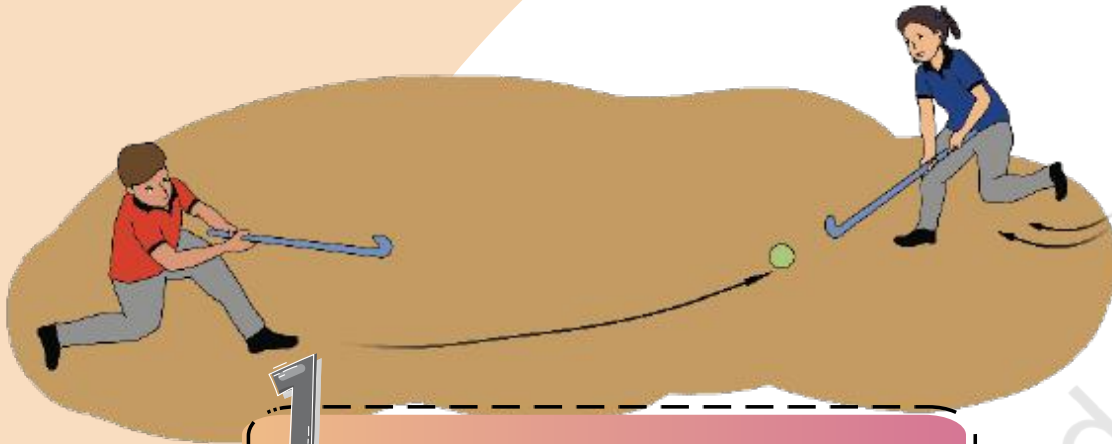
Note for the teacher

Ensure the following while children practice hitting skills—

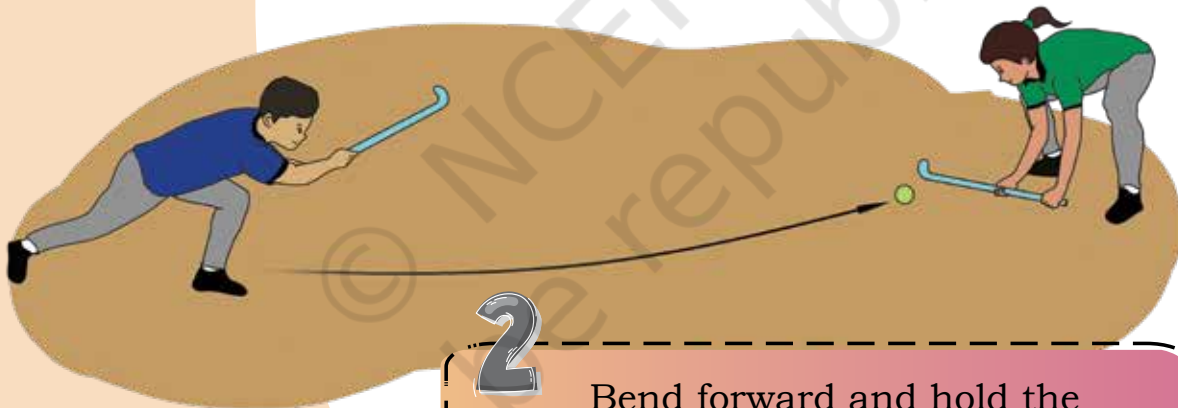
1. Stance: stands sideways, legs are shoulder width apart, knees are slightly bent, and eyes are always on the ball.
2. Grip of the bat: the dominant hand is always at the top and non-dominant hand is placed lower on the handle towards the end of the bat as shown in the picture above.
3. Hitting: steps forward on front foot, swings and rotates hips and shoulder during hitting, keeps eyes on the ball, extends arms fully at the contact point and hits.
4. Follow through: upper body swings along with the bat which goes around the body, and finishes over the shoulder of the non-dominant hand.



Receiving the ball with a stick



1 Stand with knees slightly bent and with the stick facing the direction of the incoming ball.



2 Bend forward and hold the stick close to the ground. Keep the hands gentle on impact.

Note for the teacher

Ensure the following while children practice receiving with stick—

1. Stance: keeps feet shoulder width apart, knees slightly bent, and body facing the ball.
2. Grip: holds the stick gently with both hands.
3. Anticipate: predict the path of the ball, keeps the body low and align the body accordingly.
4. Receiving: receive with soft hands and yield slightly to minimise the impact.



BM 13

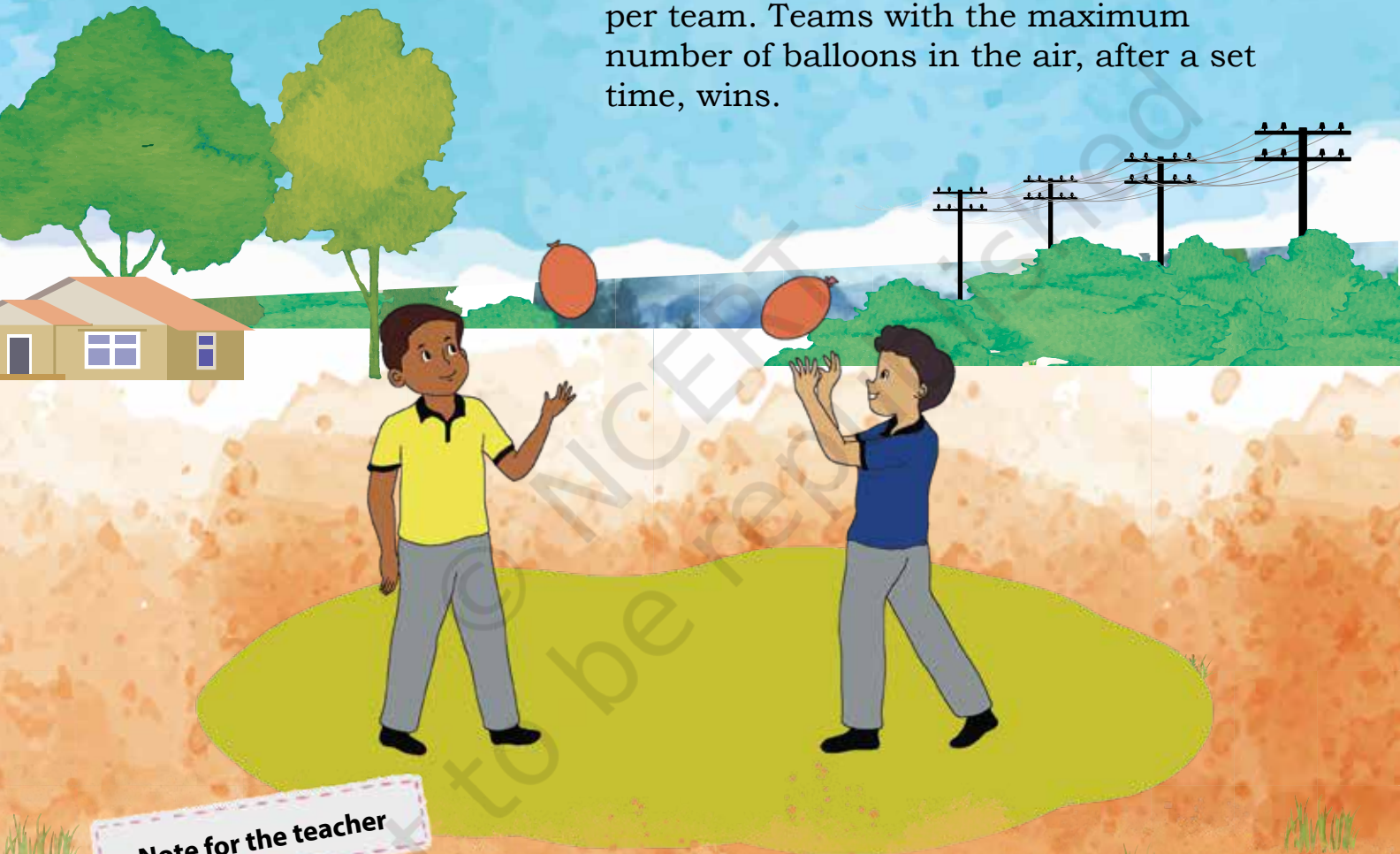
Strike the Balloon

Required Material

Balloons

How to play

- Take a balloon and find an open space in the playing area.
- On the blow of the whistle throw the balloon in the air and try to strike the balloon with your fingertips. Do not let the balloon touch the ground.
- Now play it in teams with five balloons per team. Teams with the maximum number of balloons in the air, after a set time, wins.



Note for the teacher

Purpose

Improving hand-eye coordination and timing.

Variations

- Make pairs and rally the balloon back and forth.
- Blow air from mouth instead of hitting with fingers.

Circle Time

Star and Wish





BM 14

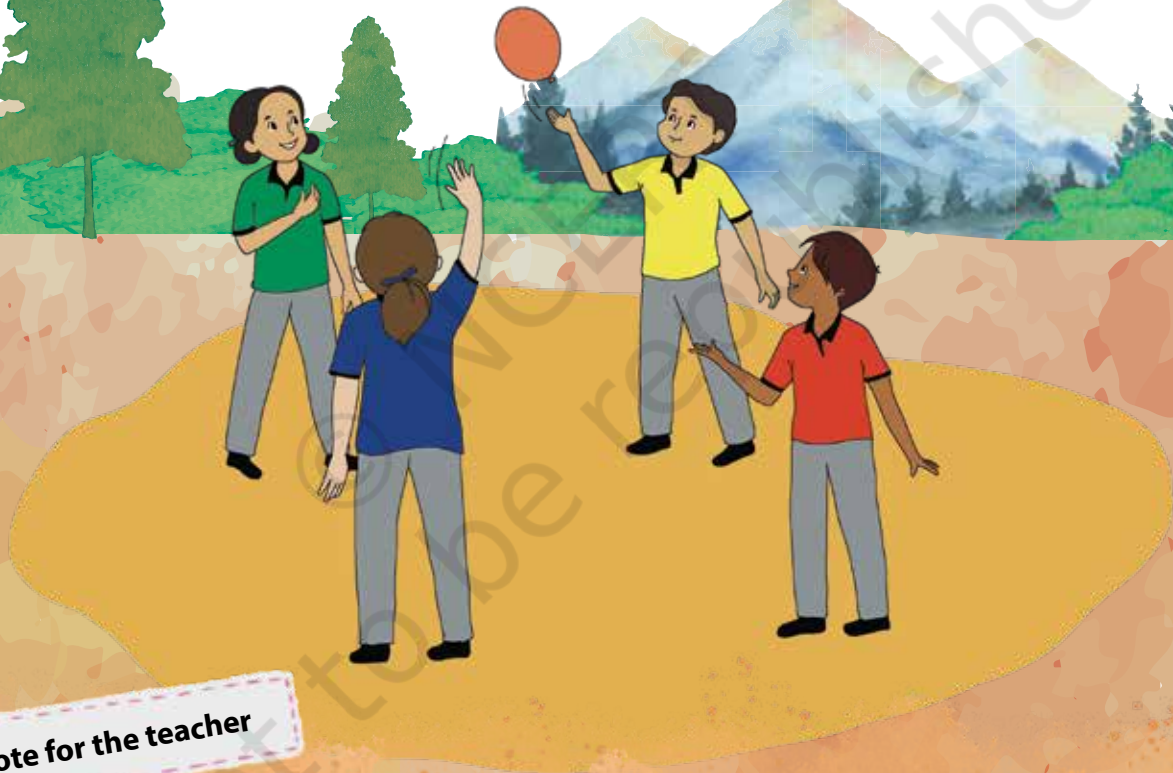
Body and Balloon

Required Material

Balloons

How to play

- Take a balloon from the teacher and find a safe space in the playing area.
- On the blow of the whistle, throw the balloon in the air and try to strike it with your palms or fingertips. Do not let it touch the ground.
- Hit the balloon with your head, shoulder, chest, hand or thigh as called out by teacher.



Note for the teacher

Purpose

Development of focus and concentration, anticipation of balls trajectory.

Variations

- Form teams and play. The team keeping the balloon in the air the longest wins.

Circle Time

Star and Wish



BM 15

Soft Ball Control**Required Material**

Sticks

Soft ball

Cones

How to play

- Place the cones randomly in the playing area.
- Hold the stick with the dominating hand at the top and the other below it.
- Now, on the blow of the whistle start pushing the ball through the gaps between the cones with the help of the stick.
- As you reach the last cone, stop the soft ball, change the direction and start pushing again.

**Note for the teacher****Purpose**

Development of sense for shifting strength and control on wrist and fingers.

Variations

- Play with the directions given by the teacher such as go straight, turn right, turn left, etc.

Circle Time

Discuss the benefits of putting the equipment back into its place after play.





BM 16

Playing Pass

Required Material

Stick

Soft Ball

How to play

- Find a partner. Stand facing each other at some distance.
- Now push the ball back and forth gently with the stick towards each other.
- The student who is receiving the ball will stop it first and then pass it back.
- After some practice, increase the speed and force while passing the ball.



Note for the teacher

Purpose

Development of anticipatory path of the moving ball, engagement of different body parts in coordination with each other and with the stick.

Variations

- You can use a tennis racquet or a cricket bat to pass the ball.
- Use balls of different sizes.

Circle Time

Discuss the role of muscles in increasing and decreasing force.





BM 17

Scoop in the Square

Required Material

Stick

Marking powder

Soft balls



Note for the teacher

Purpose

After single or multiple efforts, succeeding to scoop the ball in its desired place builds confidence.

Variations

- Use different shapes like circle, rectangle, etc.
- Make squares next to each other with no space in between the squares.

Circle Time

Star and Wish

How to play

- Make squares at progressive intervals as shown in the picture.
- Divide the class into teams with equal numbers of students in each. Make each team stand in a queue.
- Every team will get a stick and a soft ball, and play as follows.
- The first player of the team scoops the soft ball so that it falls in the first square. In case it falls exactly in the first square, the second player scoops the soft ball aiming at the second square. The players will keep on scooping, aiming for the next square, until the scooped ball misses the desired square.
- The team with the maximum number of successful scoops in the given time wins the game.





BM 18

Receiving with Stick

Required Material

Stick
Soft balls

How to play

- Select one classmate and form a pair.
- Stand some distance apart from each other.
- The player throwing the ball will make sure to throw it away from the player receiving it so that the receiver has to run while doing so.
- The receiver will receive with the stick while in motion and send it back to the partner. Change roles and play.



Note for the teacher

Purpose

Developing mastery of receiving skills strengthens concentration, reaction time and positive transfers of training.

Variations

- Pass the ball in random directions to increase the difficulty level.

Circle Time

Star and Wish

